



## Conclusions from Evaluation of Arsenic in Home Grown Garden Produce

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1. It is safe to garden in properties at VBI70.
2. The amount of arsenic taken into your body from eating home-grown produce is far below the levels known to cause harmful effects.
3. It is unlikely that illness will result from arsenic exposure from eating home-grown produce than from arsenic exposure from soil ingestion.
4. If you are still concerned about arsenic exposure from eating home-grown produce, here are some precautions you can take:
  - A. Reduce the number of meals where you use home-grown potatoes or low-growing leafy vegetables, such as collard greens, spinach, or lettuce,
  - B. Peel the skin from potatoes,
  - C. Wash fruit and vegetables grown in your garden, particularly low-growing vegetables,
  - D. Avoid growing potatoes and low-growing vegetables, such as collard greens, spinach, or lettuce.